CLAIMS

[1] A metal halide lamp comprising:

an outer tube;

an inner tube that is provided in the outer tube, has a sealing portion in at least one end portion, and is made of quartz glass; and

an arc tube provided in the inner tube,

wherein assuming that the outer tube has a maximum outer diameter A (mm), the inner tube has a maximum outer diameter B (mm), and the metal halide lamp consumes P (W) of power, the following relationships are satisfied:

$0.06P + 15.8 \leq A \leq 25$,

$0.05P + 9.0 \leq B$, and

$1.14 \leq A/B$,

where P satisfies $20\ W \leq P \leq 130W$.

[2] The metal halide lamp according to claim 1, wherein assuming that the arc tube has a maximum outer diameter C (mm), the following relationship is satisfied: $0.05P + 2.2 \leq C \leq 0.07P + 5.8$.

[3] The metal halide lamp according to claim 1, wherein the inner tube is filled with nitrogen gas with a nitrogen gas pressure of 20 kPa or more when a temperature in the inner tube is 25°C.

[4] A lighting apparatus comprising:

a bottom-surface-open-type lighting unit; and

the metal halide lamp according to claim 1 that is mounted in the lighting unit.